MAY, 1938 15c . . . $1 A YEAR

DAILY WORD

A Unity Publication

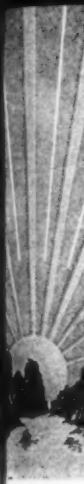
EALTH . . . FREEDOM . . . HAPPINESS . . . SUCCESS

Easy Prayer

Does the child that's calling "Father"
Need to think just what to say?
Does the flower in need of sunning
Have to wonder where to turn?
Does the child at Mother's breast
Need to query, "Is she near"?
Is the child just simply praying
In its own instinctive way?

Simple is such way of prayer:
Knowing that we need not question,
Sensing God as ever near,
Feeling that He cares and loves us.
Easy is this thing called prayer:
Thinking God is close at hand,
Simply loving, simply trusting.
God makes prayer an easy thing!

—From a new Unity book, Beginning Again.



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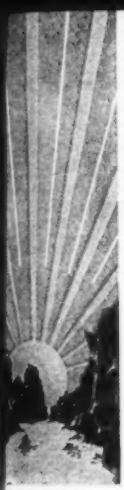

MAY
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VOLUME 28
NUMBER 5

Unity Daily Word

F. B. WHITNEY, *EDITOR*

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

*

Nonsectarian. Published monthly.

ONE POWER

Evil is not real; it has no place nor
power nor source;

Evil is the dire effect of love's inverted force.

Love selfward turned, denied its bent,
brings all of human ills;

Love's outward flow is joy supreme
and God's design fulfills.

—*Mary Putnam Gilmore.*

Editorial suggestions and comments may be addressed to the Editor of UNITY DAILY WORD, 917 Tracy Ave., Kansas City, Mo.

AFFIRMATIONS

USED BY

SOCIETY OF SILENT UNITY

April 20 to May 19

I let my light shine to bless everybody and everything.

★

The Holy Spirit life heals me, and I radiate health to everybody and everything.

★

Thy Holy Spirit substance fills my mind and overflows into all my affairs.

Single copies of UNITY DAILY WORD may be obtained at Unity libraries and newsstands at 15 cents. Subscription, $1 a year. Braille subscriptions are sent free to the blind who are familiar with grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business, Progress, Wee Wisdom, Unity, Weekly Unity,* and *Unity Sunday School Leaflet* at $1 a year each.

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God Has a Plan for You

ERE YOU AWAKENED this morning there was established in your spiritual consciousness God's plan for you today. In His wisdom and great love for you He has planned many blessings for your day. Will you make personal plans other than His? Will you be so busy with your own plans that you neglect to turn to Him in prayer and find out just what He would have you do today, just what blessings He has in store for you?

The purpose of any early-morning prayer is that of having God's plan revealed to you. Just where are you to go, whom are you to see, what are you to do in order to discover His blessing? God's will for you is good will. His plan for you is always a perfect plan, a plan by which He is able to bestow great blessings upon you.

In spiritual consciousness, in that high state of mind where your soul communes with God, He shows His plan to you. He leads, guides, directs, and governs you. His plan provides ways and means whereby He can direct, bless, and prosper you. In His own way He finds means by which wisely and lovingly to thwart such actions and steps as would be against your ultimate good. His presence attends you to help you to keep your

thoughts, words, and deeds in line with His plan for today. Will He succeed in this, or will you through adverse thought interfere with His plan?

Today God has a plan for you that will bring you into the realization of more harmony, peace, love, health, and plenty. In His great wisdom He will make the most of every opportunity to express more and more of Himself in your life. He will be able to keep His plan before you only to the extent that you will keep thoughts of Truth in your mind. He will be able to work with you only to the extent that you are willing to have Him do so.

God plans this day that by some experience you will come to know more of Him and to behold yourself as you exist in His sight. He plans to turn your vision heavenward at the time when you are inclined to turn your vision earthward. He plans to give you loving thoughts when you are in danger of thinking thoughts of hate and fear. He plans to have you feel His presence of protection when harm might come to you. Do you see that He has omitted nothing in His plan for you?

Somewhere in God's plan for you it is provided that you shall lapse from thinking weakness and

disease so that He may assert Himself as your life and your health, so that you may behold in Him the perfect plan of your perfect health. He plans that this day you shall be willing to drop from your mind thoughts that limit and bind you, in order that He may supply you with thoughts that free and bless.

In God's plan for you today is the perfect plan of your supply and support, your prosperity and success. It is the blueprint of your success. Will you accept it and work with God? To make plans adverse to God's is to plan contrary to your highest good. To work with God is to feel Him working with you.

Saints, sages, prophets, and mystics who have walked with God have been those who perceived God's plan. They knew no opposing plans or desires. They perceived His blessings wherever they walked; they felt His attending presence. They were willing at all times to think and act with Him in order to have the joy of His blessings.

Remember that God's plan for you is wise and loving. Following it, you come into the realization of more and more blessings. You realize that through His presence you are blessed on every hand.

When Prayer Is Answered

WHEN PRAYER is answered, there is great rejoicing in high heaven. The angels sing because man has caught a glimpse of God. They sing praises because man has rent the veil between him and his Father and has beheld in his Father's storehouse something that he can appropriate to the glory of God. And so it would seem that when prayer is answered God and His heavenly host are happier than we. God rejoices in the opportunity to heal and bless, to protect and prosper.

When prayer is answered the sinner has returned to God, the lamb has returned to the fold. Prayer brings man to God; the answer brings God to man. Metaphysically considered, a sinner is one who falls short of his Christ potentialities of perfection. He must seek through prayer to come into the consciousness and possession of them.

When God answers prayer He gives something of Himself to man. He appears to man in the form by which He can best bless him at the time. The answer to man's prayer is the appearance of God as peace, light, life, love, courage, or supply. The answer is a declaration from heaven that God is good, eternally good, ever accessible to man.

God's answering prayer is but His answer

"Here am I." You may have believed that God was separate from you, remote from your life, else there would have been no occasion for you to pray. When you pray you seek to draw near to God. When the answer comes you know that God is drawing near to you.

The answer to prayer is but the assurance of God's omnipresence. Prayer on our part testifies to our belief that in some wise God is absent from our life. The void that we feel, even though it appears as a demand for things, is a void that God alone can fill.

As prayer is answered we are lifted to the high realization of our oneness with God, with whatever good we may need or seek, with the blessing that would give us more of a sense of the fullness of life. In praying we offer God an empty vessel; in the answer we perceive this vessel filled to overflowing.

Prayer loses all its mystery when we realize that there is no mystery in the relation between God and us, no veil obscuring His goodness, no difficulty in reaching toward Him and finding that He is near. What a natural thing it is for God to love man and to expect him to share in His blessings and bounty!

When prayer is answered you lose your sense of lack and discover that a means of great blessing has come into your life. This in itself is not the thing prayed for, but it is the great satisfaction of having found God to be something living, vital, tangible. The answer to prayer is God Himself.

What takes place in the individual when he prays; when he becomes conscious that his prayer is answered? There is a turning away from all sense of lack, from all feeling of being separated from God, from all thought that God withholds our good from us. There is a turning to God in the realization that He is eternally with us, forever sharing His blessings with us, forever bestowing love and life and substance upon us.

Does some prayer of yours remain unanswered? Then you yourself must answer the call of God to turn to Him. You must forget self and seeming lack and remember God and His abundance.

Answered prayer is an evidence that you have found the way to God, that you have talked and banqueted with Him, that you have willingly accepted His gifts of love. Answered prayer shows that you have listened and heard God speaking to you and have found His words expressed as the gift that you sought.

Spiritual Healing

SPIRITUAL HEALING may be thought of as the healing that comes through spiritual consciousness. When through turning to spiritual consciousness the individual is relieved of disease and restored to health, he has had a spiritual healing. There has been a change in his mind and soul. The experience has been one wherein he has been transformed through his spiritual understanding.

When the individual gives up the adverse thoughts that cause disease and turns to God, perceiving more of his own spiritual nature, he is opening the way for a healing through spiritual consciousness, or what we have called spiritual healing. He gives up all belief in any presence or power in his life other than the presence and power of his innate spirit. There is an inner soul experience. Something happens in his mind and in his spirit that transforms his inner life. He has what our grandparents chose to call "a Christian experience."

A healing can take place in the physical body without there being any experience in spiritual consciousness. An individual may have a physical healing through physical means without having any experience in spiritual consciousness. If he

does not give up his adverse thoughts, he does not have an experience in spiritual consciousness nor a spiritual healing. A healing without a lesson in spiritual consciousness cannot rightly be termed a spiritual healing. Such a healing not only includes a physical healing but also one of the soul.

Does a prayer for healing make for spiritual healing? Yes; if the individual reaches spiritual consciousness and as a result has a soul experience. He should emerge from the experience feeling that he is more of a Christian, more loving in thought, more consecrated to God. Unless his thought has reached this height, unless it has made a change in him, it has fallen short of its purpose.

We can see that in a spiritual-consciousness healing, in a healing in which the spiritual consciousness acts upon both soul and body, both soul and body are lifted to God. The experience of the inner change, the soul experience, is far more important than any change in the body that has resulted in healing. The experience of the individual's feeling that something within him has been lifted high, that he has perceived God, is the test of whether or not his healing is a spiritual one. We see that the great universal Spirit of healing first heals something in the individual's own wa-

vering spirit.

The duration and permanence of spiritual healing is based upon the fact that something enduring and permanent has been established in consciousness. The individual has been taught some mighty truth that is his salvation from and protection against disease. His inner experience brings about changes in his outer life. He has been renewed in body through a transformation in his mental and spiritual life.

Spiritual healing results from your perceiving in spiritual consciousness your innate perfection in Christ. Your spiritual consciousness acts as a healing agent only when there is no adverse thought to limit or obstruct its work. It cannot heal your body without first healing you in your mind and soul. Your spiritual consciousness cannot give you a spiritual healing until it has first lifted you out of adversity into the presence of God.

The Spirit of God within you is mighty to lift you up, to cause you to behold your perfection in Christ, to reveal to you your soul's radiance, and finally to heal your body. When you are healed by the Spirit of God, you are lifted to a high consciousness that transforms you in mind and body.

When My Piano Sings

GENEVE LICHTENWALTER

When my piano sings,
It seems from far-off distant climes
Celestial voices come
To sing their melodies—
When my piano sings.

When my piano sings,
As my wrapt fancy breathes
So lovingly o'er the living keys,
The earth with all its sorrow fades away
And lies dreaming
In a gentle sleep—
When my piano sings.

THE LAW OF GOOD OPERATING IN MY LIFE CAUSES ME TO KNOW THAT I AM NO LONGER UNDER ANY LAW OF ADVERSITY.

GOD IS law, the principle of good. In Truth there is only God, only His law of good. We can see that when we realize that God, the good, alone operates in our life we are no longer under any bondage to a belief in some law of misfortune, evil, disease, failure. Even as there is only one God, so to those in an understanding of Truth there is only one law.

Can you conceive of a perfectly governed world in which there is but one law, a law of good? In such a world there would be no belief in laws of misfortune, disease, fear, or failure working against the law of God. Man would worship but one God and be under the dominion of but one law, the law of his own highest good. Such a perfectly governed world is the world of God, the realm of Truth. When you find God and consequently the law of good, you are assured of having found the world of God.

• *I have inclined my heart to perform thy statutes.* —PSALMS 119:112.

Monday

TRUSTING IN GOD FOR MY COURAGE, I AM NO LONGER FEARFUL.

HAVE YOU realized that you cannot entertain a thought of fear, that you cannot be afraid of persons or things when your attention is directed to God within you and His presence of fearlessness? Have you thought of your fear as entirely mental, as something that can be corrected by your change of mind? Do you know that the only way to eliminate fear is through the realization of your innate courage?

You will be afraid as long as you permit your mind to entertain thoughts of fear. Your courage will date from the time when your thought of courage is more intense, more vivid, more real to you than is your belief in fear. You eradicate fear from your mind when you engage so busily in thinking in terms of courage that there is no place left in your mind for any fear. The Spirit of God within you is the Spirit of courage that frees you from all sense of fear, and you are no longer afraid.

What time I am afraid,
I will put my trust in thee.
—PSALMS 56:3.

Tuesday

I AM NOW EXPRESSING THE GOODNESS OF GOD.

IN MAKING an "I am" statement, we need to think something of the presence of the divine being within us, sometimes called the I AM. Do you know how to think of the I AM? Do you not feel at times that there is within you something illumined, living, triumphant, victorious? When you say of yourself, "I am ill," is there not something within you that prompts you to think, "I am healthy"? The Spirit of God lives, and moves, and has His being in us and declares, *"I am."*

That in man which is of divine origin is the I AM. It is this which speaks through man and declares mighty truths, rebuking all belief in that which is untrue in its sight. It is this in man which declares that it lives when man may be seemingly lifeless, which gives motion when man may be inclined to be inert, which prompts man to know that something within him ever exists to attest the presence and might of God.

♠ *What is his name?* . . . I AM THAT I AM.—EXOD. 3:13, 14.

Wednesday MAY 4

THE LOVE OF GOD FILLS MY HEART AND MAKES ME EVER LOVING.

LOVE is God. As we think more and more of God, we become more and more loving. We lose personal bitterness, fear, and hate when our whole thought is directed to the Spirit of God within us. Loving God brings us as a reward the establishment of love in our life and the enjoyment of the blessings that love can give us.

The person with an unloving disposition does not know God. He has not found the Spirit of God in the midst of him. His world is not a world of love in which God is enthroned as omnipotent love. He needs to direct his thought often to God and to think often of God as the power of love in his life.

Living in the consciousness of love, we detach ourself from every unloving experience. Identified with love, we receive the blessings of love. We live in the presence of God and consequently in omnipresent love.

♣ *Lovest thou me? . . . Yea, Lord; thou knowest that I love thee.*—JOHN 21:16.

I KNOW THAT IN TRUTH GOD IS EVERYWHERE PRESENT.

ONE OF the fundamental teachings of Truth is that God exists to the exclusion of all else. We come to know God as the only existence, being, or reality in Truth. We find that whatever is unlike God has no place or being in His world. The declaration of God's omnipresence is both a negative and a positive one. It is negative in the sense that our mind immediately grasps the fact that something else does not exist in God's presence. We see that there is no provision for ignorance, darkness, hate, fear, war, sorrow, disease, and lack. We see from a positive point of view that God's omnipresence comprises wisdom, light, love, courage, joy, life, and plenty.

The truth of God's omnipresence is man's salvation. He is delivered from sin, evil, and adversity. He comes to know that he lives in God and dwells in His omnipresence of good and harmony. He finds that God is present in his life as the actual presence of whatever blessing he seeks.

♣ *Do not I fill heaven and earth? saith Jehovah.*—JER. 23:24.

Friday

MAY 6

THE PRESENCE OF CHRIST SAVES AND PROTECTS ME.

PROTECTION is assured us when we meditate upon the presence of Christ and think of ourselves as one with it. We see that fear, danger, disaster, and adversity cannot exist in Christ's presence. We are protected from everything that would seem to endanger our welfare and well-being.

Do you have the consciousness of protection? Do you feel that the peace and love of God go with you wherever you go, protecting you from all that is inharmonious and unloving? Do you realize that you are saved many times a day from discomfort, inconvenience, and trouble because you have some of the consciousness of protection that assures you of God's presence when in need?

Do you see that no harm can exist in your world when you live in the world of Truth? No danger can come to you when you know that your world is filled with God's presence. Your consciousness of Christ in you makes all this tangible.

♣ *The children of men take refuge under the shadow of thy wings.*—PSALMS 36:7.

UNIFIED WITH THE SPIRIT OF CHRIST WITHIN ME, I AM UNIFIED WITH THE GOOD IN ALL THINGS.

THINK OFTEN of yourself as united with Christ in the midst of you, through whom you are unified with the good wherever it may be found. As you meditate upon unity you will see that it must be appreciated in this two-fold way. Through identifying yourself with the Spirit of light, peace, joy, love, and life within you, you serve to identify yourself with these in the manifest world.

Unhappiness comes through identifying oneself with the wrong things in life, through relating oneself to that which is the antithesis of Spirit. We should find our unity with God before we identify ourself with things of the world about us. The identification with things of the manifest world should always follow that of identifying ourself with the indwelling Spirit of Christ.

If we first identify ourself with Christ, we may be sure of not identifying ourself with that in the world which is opposed to Christ.

♣ *Our fellowship is with the Father, and with his Son Jesus Christ.*—I JOHN 1:3.

Sunday

THE TRUTH OF CHRIST ESTABLISHED IN MY CONSCIOUSNESS FREES IT FROM MISCONCEPTIONS AND FALSEHOODS.

WHAT IS Truth? We define it as the teaching of Jesus Christ that revealed man's right relationship to God and all existence. It is the philosophy and science of heaven given to man in order that he may be free from such misconceptions as evil, sin, disease, and lack. It is the teaching that frees man from false beliefs in order that he may know correct and proper values.

When we say that Truth is established in our thought, we signify that we have released from our mind such misconceptions as are opposed to Truth. We cannot believe Truth and believe falsehood at the same time. When Christ establishes Truth in our heart, He frees us from sin and fear and disease and lack.

Nothing can prevail against the Truth of Christ, the Truth of your spiritual nature. The Truth of Christ lives forever as that which guides, heals, protects, prospers, and blesses man.

♣ *The lip of truth shall be established for ever.*—PROV. 12:19.

I YIELD MY WHOLE HEART TO GOD.

CONSECRATION is our theme for today. We consider giving ourself entirely to God. We give Him our mind, body, and soul. But do these not belong to God already? Are they ever ours to withhold from Him? We can see that yielding our heart to God is but making a conscious effort to consecrate ourself.

Many students of Truth do not arrive at the point of complete personal consecration. They want all God's blessings yet do not give themselves completely to Him. They want perfect healing while retaining some of their old adverse beliefs.

In yielding your heart to God you may exchange a heart of bitter thoughts for one of holiness. In such a yielding the heart is purified. You give up selfishness for a larger view of life. You cease to place self first when you should be thinking entirely of God. Your recompense for such a personal surrender is the knowledge that God blesses you at every turn.

♠ *With my whole heart have I sought thee.*—PSALMS 119:10.

Tuesday MAY 10

THINKING OF THE LIFE OF SPIRIT WITHIN ME, I FIND I INCREASE IN CONSCIOUSNESS OF MY OWN LIFE.

As we meditate upon life, as we think of the life of God within us, we become conscious of more and more life. We see that the presence of the Spirit of God within us is the presence of our own tangible life. We become aware of God's life as quickening us to a life of our own that is cleansing, healing, vitalizing, strengthening.

Should you be exhausted, should you need a greater realization of life, you have but to take your thought off limitation and behold the life of God within you. You have but to free yourself from all belief that your life can be limited in any way in order to lay hold of the abundant life of God within you.

If you want more life you can find it in only one place: right in your very midst. God dwells within you as the presence of your life to keep you ever conscious of Himself and of more life. He dwells within you as the fountain and source of your life.

♣ *We . . . declare unto you the life, the eternal* life. —I John 1:2.

Wednesday

I BELIEVE THAT THE JUSTICE OF GOD PREVAILS THROUGHOUT MY WORLD.

DO YOU think of the injustice of man as ruling your life or do you believe that God's justice prevails? Do you believe that other men can deal unjustly with you, or have you placed yourself and your life in God's keeping? Do you not see that there can be nought but justice in your world when you think of God as ruling your world entirely?

The justice of God ever operates in your world. No thought of human injustice can limit it in any way or deprive you of divine justice. God is now ruling your world as perfect justice, against which nothing unjust can prevail.

When you are unjust toward other persons, you establish injustice in your mind. This in turn causes you to attract injustice to yourself. You may see in this an explanation of why you are dealt with unjustly. You see a reason why you should keep your consciousness filled with justice if you expect to have justice expressed in and through you, to have it manifested in your world.

♣ *All his ways are justice.*—DEUT. 32:4.

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Thursday

I HAVE SUPREME FAITH IN GOD AND WHAT I CAN DO IN HIS NAME.

FAITH in God increases as we cease to pin our faith on other things and think exclusively of Him. We find that we no longer believe that any other presence or power can help us. We give up all doubt about God. We trust Him implicitly in all things.

Having faith in God in the midst of us is certain to give us faith in ourselves. We come to know that we can do all things through Him. We are inspired to have faith in our fellow man, to behold the good in him.

Through our faith we draw blessings to us. Faith heals, prospers, and blesses us. Our faith never goes unrewarded. As we increase in faith, we increase in blessings. As we exercise faith in small matters, we discipline ourselves to use faith in more complicated affairs. By using faith we become used to it. After we have seen how our faith works we are eager to apply it to every situation. We are glad to be faithful to God.

♣ *That your faith and hope might be in God.*—I PET. 1:21.

REJOICING IN THE PRESENCE OF GOD, I FIND MY WORLD FILLED WITH JOY.

BY FINDING the presence of God within you and abiding in His joy you are able to see all things in your life from the standpoint of joy. By rejoicing at finding God you find many things in your life for which to rejoice. When your consciousness is filled with nought but joy, you find joy throughout your life.

Would you be joyful? Then take your thought off the things that you have believed can limit your joy. Cease to attribute to persons and things the power to increase or to diminish your joy. No longer think of situations in the world about you as having power to give you joy or take it from you.

The Spirit of God within you is your constant inspiration to be joyful. You should be joyful because you have found Truth. You should rejoice because the Spirit of God lives within you as your constant reminder to be joyful at all times and in all situations. You cannot lack joy when you realize that the Spirit of God within you is rejoicing.

♣ *My soul shall be joyful in Jehovah.*—PSALMS 35:9.

Saturday

MAY 14

THE PEACE OF GOD IN MY HEART MAKES ME PEACEFUL IN EVERY SITUATION.

KNOWING that peace is centered within us, we find that we are harmonious in every circumstance. We find that persons and things in the world about us cannot make us inharmonious when we realize that the very peace of God rules our heart and extends to the circumference of our world.

You cannot be peaceful in your relations with the world about you unless you have first found the peace of God in spiritual consciousness. You must be aware of the Spirit of peace within you before you can hope to have your world one of peace. You must be harmonized with the presence of God within you before you can expect to be harmonious with persons in the world about you.

Peace exists for those who think in terms of peace. A peaceful life belongs to the individual who thinks of others in terms of peace. The peace of his objective life is but an indication of peace in his mental world.

♣ *The fruit of righteousness is sown in peace for them that make peace.*—JAMES 3:18.

THE POWER OF GOD WITHIN ME IS A POWER THAT IS GREATER THAN THE WORLD ABOUT ME.

EVERY person comes to the place in his experience where he must discover and decide where the center of power is. He must answer for himself the question, Is the center of power external to me or is it in my own indwelling Spirit? The answer to this question determines whether he shall look upon the world about him as having power over him or realize that power through God abides at the heart of his being.

In Truth we think of the power of God as centered in the heart of man. This power is greater than things external to man. Through it man takes his rightful place in the world. The world is subject and subordinate to him at all times. Because the Spirit of God within him has power over the world so has he.

If you are to accept God as omnipotent in your world, you cannot believe that any person, thing, or situation in your world is superior to the Spirit of God, the Spirit of power, within you.

♣ *My speech and my preaching were . . . in demonstration of the Spirit and of power.*—I COR. 2:4.

Monday

MAY 16

TO NEUTRALIZE THOUGHTS OF WORRY I INCREASE MY TRUST IN GOD.

MANY PERSONS fail to trust God. By failing to do so they get into states of anxiety and worry. They believe that situations in the world will conspire against their highest good. They worry instead of trusting God. They are anxious when they should increase in trust.

The practical Christian has no occasion to worry. He is trained to trust God. Instead of being anxious about health, personal problems, and business matters, he gives himself and his affairs into God's keeping and trusts God in all his ways.

There is but one way to neutralize worry. Trust God. Do not limit your trust. When the occasion demands, increase your trust to the point where you cannot give any thought to worry. You cannot be anxious and at the same time keep your mind filled with thoughts of God. If you place your affairs in His keeping, you are assured that all will be well. You know when you trust Him that He will adjust and regulate your affairs to His glory.

♣ *Be not anxious for your life.*—MATT. 6:25.

Tuesday

I KNOW THAT GOD ANSWERS MY EVERY PRAYER WITH HIS BOUNTIFUL GOOD.

NOT A PERSON exists in the whole world who at some time or other has not tried to pray in his own fashion. The results of his prayer may have been satisfactory or unsatisfactory. One of the instincts of man is the feeling that he can have recourse to a higher power when in trouble. The force of prayer is a blind force until he becomes intelligently acquainted with it.

When you pray, draw near to God and feel your oneness with Him and His blessings. Rise out of all doubt. Erase from mind every adverse thought that would limit the answer to your prayer. Feel that you are so closely identified with God that you are one with the blessing you seek. Your success in prayer depends upon your having this clear realization.

Never believe that God could withhold from you that which is good for you. Remember God's will for you is always good will.

♣ *I will not let thee go, except thou bless me.*—GEN. 32:26.

Wednesday

THE GOODNESS OF GOD IS NOW EXPRESSED IN ME AND IN MY LIFE AS MY VISIBLE AND TANGIBLE GOOD.

GOD IS GOOD. As we keep this truth before our mind we lose all belief in the presence and power of evil. We think of God as omnipresent, and in His presence of good we find that our good is actually visible and tangible.

The student of practical Christianity in thinking about the omnipresence of God, the good, finds that there is no place in Truth for evil. He becomes so engrossed in contemplating the allness of good that he finds there is no provision for anything unlike or opposed to God.

Those who look for evil find it. In thinking of evil they make place for it in their life. They begin to interpret life and its experiences from the standpoint of evil. All this changes when God is perceived as omnipresent and omnipotent good. When man sees God in this light, he comes to know himself as having a place in God's everywhere-presence of good. He finds that in Truth he is part of the goodness of God.

♣ *I have no good beyond thee.*—PSALMS 16:2.

Thursday

THE SPIRIT OF WISDOM WITHIN ME NOW QUICKENS ME TO KNOW ALL THAT I NEED TO KNOW THIS DAY.

WISDOM is of God. His presence within us is the light of our understanding. He causes us to know whatever we need to know in order to live a full life and approach all situations through understanding and mastery. In Truth we are children of light. Until we know this truth we may think of ourselves as ignorant or as living in the dark. The Spirit of wisdom within us quickens us to know whatever we need to know. We come to know ourselves as sons of God, children of His wisdom.

The Spirit of God in man is first of all each person's wisdom, light, guidance, and direction. Man is illumined by His presence until he perceives all things in their right relations. He beholds himself and his world existing in the light of Truth.

Man is not created by God and then left without direction. Man ever carries within him the light of his creator.

♣ *Who among men knoweth the things of a man, save the spirit of the man, which is in him?*—I COR. 2:11.

Affirmations

USED BY THE ***Society of Silent Unity*** . . . . . .

MAY 20 TO
JUNE 19

ILLUMINATION . . . ***Through the inspiration of the Holy Spirit my understanding is quickened.***

+

HEALING . . . ***Through Christ I am inspired to express wholeness and health.***

+

PROSPERITY . . . ***Through Christ I express the wisdom and power that brings prosperity into manifestation.***

THE HEALING PRESENCE AND POWER OF CHRIST IN ME NOW CONVINCES ME THAT I HAVE PERFECT HEALTH.

DISEASE appears when man through his negative thought convinces himself that he is something other than the healthy and perfect child of God. The fact remains that in Truth he is still whole and well in the sight of God, his Creator. The healing presence and power of Christ still remains within him unchanged, unaffected. He becomes diseased through his belief in disease; he becomes whole and well through the presence and power of the Spirit of healing within him.

The diseased person believes that something in the world about him is able to limit his health. The person who finds health through the study of Truth finds within himself that which keeps him whole and well at all times. The presence of Christ within man is mighty to make him whole.

As you meditate upon the healing presence of Christ, you will come to know that this is the actual presence and reality of your own health.

♣ *Thy healing shall spring forth speedily.*—ISA. 58:8.

Saturday

KNOWING THAT GOD IS THE SOURCE OF MY SUPPLY, I TURN TO HIM FOR MY PROSPERITY.

OUR STATEMENT for today prompts us to acknowledge God as our supply and to look to Him for all that we need. To look to the world about us for our supply would be to put ourselves in the position of being dealt with financially according to the caprices and whims of the world. When the world would seem to be depleted, in a state of depression and lack, we should find ourselves in a similar condition.

To acknowledge God and to depend entirely upon Him for supply means that our source of prosperity is never limited or depleted. He blesses and prospers us at every turn.

Prosperity comes to us from many directions when we know that it comes from but one source, God. We find that all that we touch prospers. We discover that we have but to ask for the blessing of God in order to have His richest blessing expressed in what we do.

♣ *I will give your rains in their season, and the land shall yield its increase, and the trees of the field shall yield their fruit.*—LEV. 26:4.

THE FORGIVING POWER OF CHRIST PROMPTS ME TO BE FORGIVING.

CAN YOU forgive when the occasion demands? Can you readily turn to the high consciousness that is free from all thought or memory of fault or misdeed? Do you turn to Christ when it is necessary for you to forgive another? Have you found that by leaving all things in the keeping of the Spirit of forgiveness you can forgive readily and thoroughly?

The consciousness of forgiveness helps you to forgive and also causes you to be forgiven. When you forgive another, you increase in the consciousness of forgiveness. To withhold forgiveness would cause this consciousness to be decreased.

When we place ourselves and all our affairs in the keeping of Christ, we find that we can forgive without difficulty. We keep out of mind the adverse thought that would hinder forgiveness and let the Christ consciousness work. We are relieved of all personal responsibility in the matter. We let Christ work in and through us.

♣ *Forgive us our sins; for we ourselves also forgive every one that is indebted to us.*—LUKE 11:4.

THE CONSCIOUSNESS OF ETERNAL NEWNESS IN CHRIST PROMPTS IN ME NEW IDEAS AND NEW POINTS OF VIEW.

A SENSE of newness comes over us as we turn from old and useless and crystallized ideas and become receptive to the new ideas of Spirit. We become identified with the consciousness of eternal newness. We come to see that in Spirit we are continually being renewed in Christ.

There is vitality in a new idea. The mind, weary of humdrum and monotonous routine in thinking, feels a sense of refreshment and renewed vitality when a new idea is introduced into it. Adopt a new point of view and for a time your world changes. You seem to be seeing a new world as you approach it from a new angle.

A feeling of newness comes over the physical body when the mind is alert to new thoughts. The body appropriates something of the vitality that the mind experiences. The whole being seems to be renewed and refreshed.

Dedicate and consecrate this day to new ideas.

♠ *Newly set the watch.*—JUDG. 7:19.

Tuesday

AS THE TEMPLE OF THE LIVING GOD MY BODY SHOWS HIS PRESENCE OF HEALTH AND PERFECTION.

YOUR BODY is God's habitation. The Spirit of God ever lives within you, His creation. His temple is first of all spiritual. While in the ideal your body as His temple is perfect, it is necessary that you be conscious of this in order to see health and perfection expressed in it. You know the temple of God through spiritual consciousness.

If your thought is of disease, you outpicture disease upon your body. If by impure thought you desecrate God's temple, this thought expresses itself as disease. The extent to which you realize the truth about God's temple is manifest as disease or health.

In the writings of Paul we find many references to the body. He seemed to give more thought to it than most of the early Christian teachers. Peter understood its spiritual nature. Interpreted in the light of Truth, the Bible reveals a new teaching about the body.

♣ *Ye also, as living stones, are built up a spiritual house.*—I PET. 2:5.

Wednesday MAY 25

THE PATH THAT I SHOULD TAKE THIS DAY IS NOW REVEALED TO ME.

HOW IMPORTANT it is that a person choose the right path, that he take the way that makes for peace, health, and plenty! Several paths are offered to him. They open before him and often promise him that which they cannot fulfill or give. The only safe and satisfactory way for a person to go is the way of Spirit, the way of spiritual blessings, the way indicated by his own indwelling Spirit.

Do you have moments of indecision? When two paths open before you, do you have difficulty in deciding which to take? If you will but turn to the Spirit within you, you will be guided and directed. You will easily see which is the way blessed by Spirit: the way of harmony, life, and plenty.

The path opened before you today is one that will bring you much good. Go the way of Spirit and you go the way of bountiful blessings.

> Hast thou *not* delivered *my feet from falling,*
> *That I may walk before God*
> *In the light of the living?*
>
> —PSALMS 56:13.

Thursday

I FREE MYSELF FROM ALL BONDAGE AS I MEDITATE UPON MY PERFECT FREEDOM IN CHRIST.

FREEDOM is our divine birthright. We lay hold of it when we rise out of all belief in bondage. We relieve ourselves of thoughts that bind, exchanging them for the truth about our perfect freedom in Christ. Do you see that you delay your freedom by holding to your thought of bondage? You cannot be perfectly free as long as you hold to even one binding thought.

You were created absolutely free. In the sight of your heavenly Father, nothing in all this world has power to limit or bind you. Through the study of Truth you find your release from bondage and your freedom in Christ. You discover that persons, things, and circumstances of the world cannot affect your God-given freedom.

Resolve this day to be free. Guard your thinking. Keep out of mind such thoughts as would bind you. Turn your thought to your spiritual nature. See yourself as God sees you, free.

♣ *I am Jehovah . . . I will rid you out of their bondage, and I will redeem you with an outstretched arm.*—EXOD. 6:6, 7.

Friday

IN THE STILLNESS OF CHRIST WITHIN ME I FIND PERFECT QUIET.

QUIETNESS is characteristic of the presence of Christ within us. We readily think of this presence as one of peace, harmony, and stillness. We know that if we were always in touch with it we too should be quiet and harmonious. Things of the world about us could not affect us; they could not disturb our sense of quiet if we always kept our thought upon the presence of Christ.

Have you found that you are strengthened and inspired through the day by having regular periods for silent prayer? Have you discovered that an early morning silence is sure to keep you quiet and poised through the day? Do you know that there is a tremendous power to be derived from your identifying yourself with your indwelling Spirit?

Know this day that you go forth infolded in the presence of great quiet. Realize that the things of the world cannot take this quiet from you.

♣ *Then are they glad because they are quiet.*—PSALMS 107:30.

FREE FROM ALL MENTAL AND PHYSICAL TENSION, I AM RELAXED IN MIND AND IN BODY.

RELAXATION comes from keeping out of mind such thoughts as cause mental and physical tension and keeping in mind the thoughts of peace and harmony. Tension comes from thoughts of fear, resistance, and hate. Relaxation comes when we place ourselves and all our affairs in the keeping of God and are willing to trust Him in all things.

You will recall that the time of your most peaceful relaxation was when you trusted God completely, when the world seemed to be altogether good and God was in charge of everything. The time of tension is always when we are thinking that the things in the world about us and its people have power over us, when we are not thinking that God is in power.

Relax today in the knowledge that you trust God fully, that you place yourself and all your loved ones in His keeping, that you are confident He will do all things wisely, lovingly, and well.

♣ *So the realm of Jehoshaphat was quiet; for his God gave him rest round about.*—II CHRON. 20:30.

I SEEK TO HAVE THE THOUGHTS OF MY MIND CONFORM TO THE MIND OF GOD.

THE DISCIPLINE of thinking thoughts of peace, good, joy, love, health, and plenty never goes unrewarded. By keeping our mind tuned to the mind of God we make a bridge over which the blessings of God can come. In fact nothing so assures us of His blessings as does our keeping our thoughts good, high, and spiritual.

You will have no difficulty in disciplining your thoughts if you see that in Truth you have a standard by which to measure your thinking. Truth becomes the pattern to which your mind must conform. It becomes your chart and compass.

The mind of God is the composite of all good thoughts. You think in keeping with this mind when your own thoughts are of God and of good. In your spiritual overcoming your whole endeavor should be to think only of God and to have thoughts only of Him. You find God through spiritual consciousness. You find that there is but one mind, in which you have individuality and with which you may identify yourself.

♣ *The mind of the Spirit is life and peace.*—ROM. 8:6.

MY INNATE PERFECTION IN CHRIST IS NOW REVEALED TO ME IN ITS FULLNESS.

IN THE SIGHT of God you are whole and perfect. You are God's idea of perfection. In Divine Mind there is no thought of imperfection, blemish, shortcoming, or limitation. Were you always conscious of this mighty truth, you would be whole and perfect at all times.

Man falls short of perfection when he thinks thoughts contrary to Truth, contrary to his own perfection. The truth of his perfection in God remains unchanged regardless of whether or not he shows forth this perfection. Even he who through adverse thought presents the most extreme appearance of imperfection still remains whole and perfect in the sight of his Father.

Created perfect, man always has recourse to this perfection He always has the ladder by which to climb back to God and His perfection. His knowledge of Truth is his guaranty of freedom from imperfection in mind and in body. Only through this mighty truth can he express perfection.

♠ *We all, with unveiled face beholding as in a mirror the glory of the Lord, are transformed into the same image from glory to glory.*—II COR. 3:18.

Tuesday MAY 31

I PATIENTLY TRUST GOD IN ALL MY WAYS.

PATIENCE is developed through relying upon God for all things. We cannot become impatient when we trust God. Our patience develops through use. Through learning to be patient in small matters we develop patience for larger situations.

Would you be more patient? Learn to rely upon God. Learn to turn to Him in absolute patience and to rely upon Him in all that you do. Your patience will be compensated for. Out of it will grow a deeper dependence upon God. You will find yourself trusting Him where formerly you doubted.

Those who desire to demonstrate health and prosperity are often called upon to be patient to a marked degree. They are called upon to take a stand for God and Truth and to rely upon God in all their ways. When according to worldly wisdom they might be urged to hasten, they feel a deep impulse to let the slow and quiet work of God be done. Even in His quiet they behold great things being done.

❦ *Bring forth fruit with patience.*—LUKE 8:15.

Red-letter dates

May 1

UNITY'S NATION-WIDE BROADCAST

Sunday, May 1, Dr. Ernest C. Wilson, representing Unity, will conduct the "Church of the Air" program for the Columbia Broadcasting System at

1:00 to 1:30 p. m., Eastern S. T.
12:00 to 12:30 p. m., Central S. T.
10:00 to 10:30 a. m., Pacific S. T.

Ask your local Columbia station to carry it!

May 30

UNITY TRAINING SCHOOL OPENS

If you want to study personally under Unity's top-rank teachers—men and women like Charles Fillmore, Clara May Rowland, Richard Lynch, L. E. Meyer—include a term at the Unity Training School in your plans for the summer.

Send without obligation for a free illustrated prospectus of the school. Write Registrar, Unity Training School, 917 Tracy, Kansas City, Mo.

Learn the secret of riches

"Unto every one that hath shall be given," said Jesus, speaking of the faithful servant who had used his talents well.

Interpreted, that does not mean "unto every one that hath *money*" but rather "unto every one that hath *a rich consciousness*"! Material and spiritual treasures flow freely to those whose minds are ready.

If you want to prepare your mind for riches, try Unity's Prosperity Bank plan, a seven-week drill in rich thinking. Each day you take time to meditate upon a special prosperity prayer and you drop a small coin into your Bank with a blessing. All day long you practice centering your mind upon prosperity. Silent Unity prays with you too.

To give added strength to your drill use it to apply the law of prosperity through sharing. You may save $3 in your Bank to send *Unity Daily Word* to three friends.

Unity School of Christianity,
917 Tracy, Kansas City, Mo.

Please send me a Prosperity Bank with full instructions. I will use it seven weeks and then send you $3 for these UNITY DAILY WORD subscriptions, which I want started at once.

1. Friend's name .....
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   City ..... State .....
2. Friend's name .....
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   City ..... State .....
3. Friend's name .....
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Books . . .

by the editor of Daily Word

Frank B. Whitney

BEGINNING AGAIN

Seven lessons with a "punch" that will help you to rise to new heights of success. Contains many concrete suggestions for making a new beginning in life. Mr. Whitney's latest.

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CORRECTION—Time given on page 42 for Unity's C. B. S. radio program, Sunday, May 1, should be 12 p. m., Eastern standard time; 11 a. m., Central standard time; 9 a. m., Pacific standard time.

In This Issue

Easy Prayer (Poem)
One Power (Poem)
God Has a Plan for You
When Prayer Is Answered
Spiritual Healing
When My Piano Sings (Poem)
The Thoughtful Prayer (Poem)

DAILY LESSONS FOR MAY

1—Divine Law. 2—Fearlessness. 3—The I AM. 4—Love. 5—Omnipresence. 6—Protection. 7—Unity. 8—Truth. 9—Consecration. 10—Life. 11—Justice. 12—Faith. 13—Joy. 14—Peace. 15—Power. 16—Freedom from Worry. 17—Prayer. 18—Good. 19—Illumination. 20—Healing. 21—Prosperity. 22—Forgiveness. 23—Newness. 24—The Body. 25—The Right Path. 26—Freedom. 27—Quietness. 28—Relaxation. 29—Mind. 30—Perfection. 31—Patience.